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ABSTRACT

This career exploration instructional booklet on nursing as an occupation is one of several resulting from the rural southwestern Colorado CEPAC Project (Career Education Process of Attitude Change). Based on a job analysis and utilizing a programed instructional format, the following content is included: A brief description of what nursing is; 14 questions regarding job-related content or the proper course of action in real situations that a nurse may encounter; and answers to the questions so students can check their understanding of the material. There are suggestions as to additional questions for students to explore and people to contact in this exploration process. The names and addresses of resources that can be consulted for additional information are included. (EM)

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NURSING

Occupational Simulation Kit

Career Education-
Process of Attitude Change

San Juan Basin Area
Vocational-Technical School
Cortez Colorado

OE ON 6150

FOREWARD

This occupational simulation kit was prepared by Mary Kaye Robb, Teacher at Mancos Elementary School, Mancos, Colorado. The kit was the result of a job analysis and was developed based on the format by John D. Krumboltz as presented in the USOE Study Vocational Problem Solving Experiences for Stimulating Career Exploration and Interest. The CEPAC Career Education Project is a consortium in Southwestern Colorado administered through the San Juan Basin Area Vocational-Technical School including the school districts of: Dolores RE-4A, Dolores, Colorado; Mancos RE-6, Mancos, Colorado; Dolores County RE-1-J, Dove Creek, Colorado; San Juan County No. 1, Silverton, Colorado; Egnar No. 18, Egnar, Colorado, Montezuma-Cortez RE-1, Cortez, Colorado, Bayfield 10Jt-R, Bayfield, Colorado.

The reader should note that the simulation kit may not be adaptable to all situations. This material has been reproduced so that others may benefit from the endeavors of the author and the Career Education Project.

This publication was the result of cooperative efforts of ESEA Title III through the Colorado State Department of Education and Vocational Education Part D Exemplary through the Colorado State Board for Community Colleges and Occupational Education and Western State College.

Medical doctors need help in treating sick people. They cannot do the whole job alone. So the nurse plays a very important role in the treatment of persons who are ill. They carry out the medical treatment plan prescribed by the physicians.

Unlike other professions that deal with books and things the nursing profession deals with life and death.

Perhaps you think you would like to work as a nurse. Before you can decide, you will want to know what a nurse does.

In this kit you will find cut some of the situations a nurse meets every day. Remember this is not a test. You may look back whenever you wish. If you enjoy this kit, you may want to find out more about a career as a nurse.

The word "nurse" is derived from the Latin nutrire which means to nourish, to protect, to sustain, and to give.

Nursing has many qualities, but its chief characteristic is service.

Nursing is the service to the individual that helps him attain or maintain a healthy state of mind or body; or where a return to health is not possible the relief of pain and discomfort.

Miss Mary Jones, a freshman student, has just completed her orientation period in nursing. She has learned many new and interesting facts concerning nursing, hospitals, and the people she must work with.

1. In her first class she was told that the ultimate aim in nursing is to:
   a. Raise the standard of living
   b. Conduct health education programs
   c. Instruct in nutrition and wise buying.
   d. Help the patient attain or maintain health.
2. She learned that the practice of nursing began:
   a. With the beginning of man
   b. In the Middle Ages
   c. In modern times
   d. With the Crusades

Answer these and the rest of the questions on the answer sheet in this kit.

1. (d) Help the patient attain or maintain health.

2. (a) With the beginning of man Nearly every family from the beginning of time have faced the problem of caring for someone sick or injured.

The location of a sickroom should be pleasant surroundings--free from excessive noise, smoke or odors.

3. Miss Jones found that the sick-room in the home is chosen while keeping in mind that:
    a. It should be the center of activity so that the patient will not be lonely.
    b. If the patient is acutely ill, the room should be away from the noise and kitchen odors.
    c. If possible, the room should be near the living room for convenience of the nurse and patient.

3. (b) If the patient is acutely ill, the room should be away from the noise and kitchen odors.

A nurse must be reassuring and understanding to the patient. In answering the patients questions, she must use tact.

4. If when you bring the ferrous sulfate to Mr. Smith, he looks at it and says "I think I have already had this medicine this morning. Another nurse brought me a red tabler just like this." Which of the following replies would you consider the most suitable and reassuring?

   a. "Oh no, Mr. Smith, you haven't had this medicine, I'm positive."

   b. "You must be confused with yesterday's medicine, Mr. Smith, just go ahead and swallow it."

   c. "I'm certain that you have not received this medicine this morning, Mr. Smith, but I will be glad to go back to the drug room and check again to be doubly sure."

4. (c) "I'm certain that you have not received this medicine this morning, Mr. Smith, but I will be glad to go back to the drug room and check again to be doubly sure."

If when you bring the aspirin and codine to Mr. Smith, he says "Those large white tablets are aspirin aren't they? I should think there would be newer and better drugs nowadays than aspirin," which of the following replies would you consider the most suitable?

5. a. "There are newer drugs on the market, Mr. Smith, but your doctor still orders lots of aspirin."

   b. "Aspirin is reasonably cheap so you see your bill for drugs will not be so much."

   c. Aspirin is not exactly a new preparation, Mr. Smith, but it is still considered to be one of the safest and best of the pain-relieving medicines."

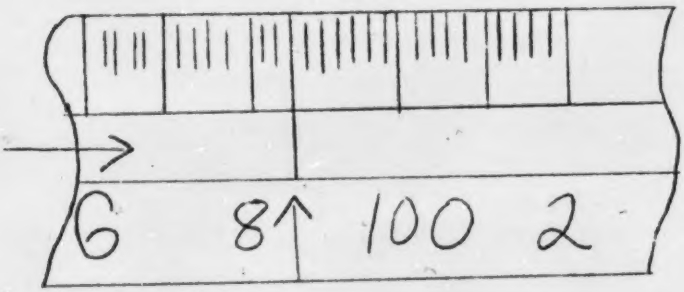
   d. "If you want something different, Mr. Smith, just ask your doctor for it. I'm sure he will be glad to order something different."

5. (c) "Aspirin is not exactly a new preparation, Mr. Smith, but it is still considered to be one of the safest and best of the pain-relieving medicines."

Fever is a sign that something is out of order in the body.

Temperature may be taken as often as every four hours. For accuracy, there must be a wait of not less than 15 minutes between the time a temperature is taken and the time the patient has had a hot or cold bath or has had hot or cold food or drink.

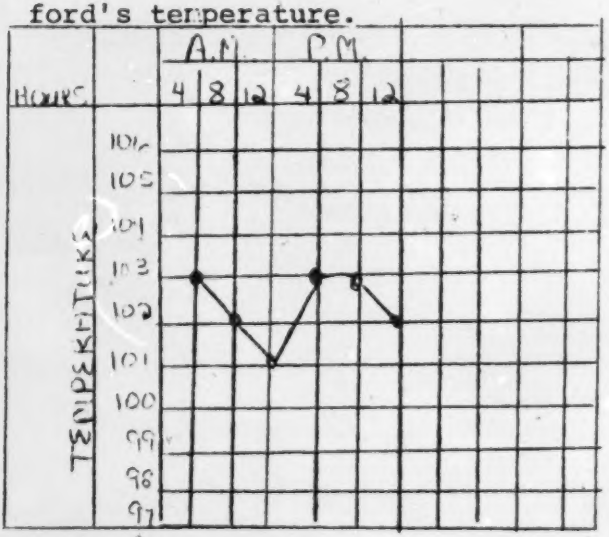
The average mouth temperature is 98.6° Fahrenheit.



Miss Jones took Mr. Stanford's temperature at 4:00 a.m. and it registered 103°. She recorded this on the Graphic Chart.

At 8:00 a.m. his temperature was 102°.
At 12:00 a.m. his temperature was 101°.
At 4:00 p.m. his temperature was 103°.
At 8:00 p.m. his temperature was 103°.
At 12:00 p.m. his temperature was 102°.

Below is the Graphic Chart Miss Jones used to keep a record of Mr. Stanford's temperature.



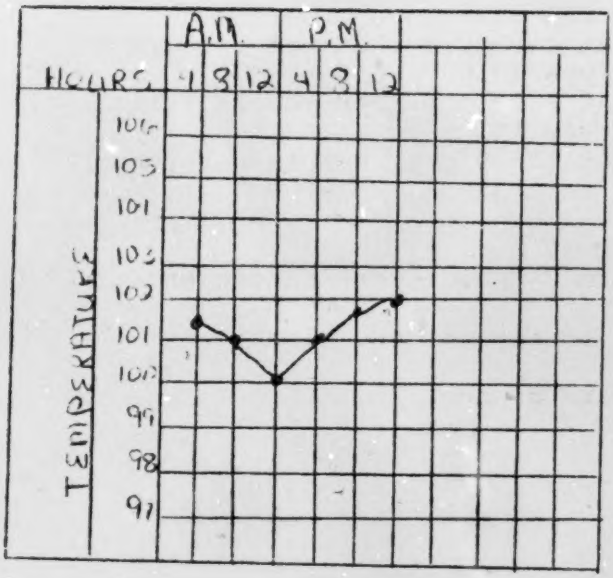
Miss Jones takes the patients temperature every four hours and records it on a Graphic Chart. There is a sample of a Graphic Chart in this kit. The patients temperature is recorded so that doctor and nurse can keep track of any progress or regression on the patient.

The recording should be neat and legible, and should be in the proper places.

6. Miss Jones took Mrs. Clark's temperature at 4:00 a.m. and it registered 102.5°.

At 8:00 a.m. her temperature was 101°
At 12:00 a.m. her temperature was 100°
At 4:00 p.m. her temperature was 101°
At 8:00 p.m. her temperature was 101.8°
At 12:00 p.m. her temperature was 102°

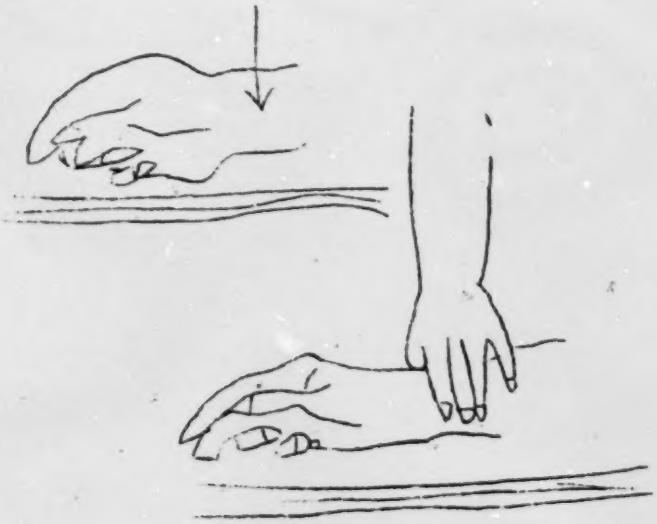
Use the Graphic Chart on the answer sheet to record Mrs. Clark's temperature change.


A.M
P.M
HOURS
4
8
12
4
8
12
TEMPERATURE
103
101
102
101
98
97

The pulse is the throbbing caused in the blood vessels by contractions of the heart muscles as they force blood through the vessels. Respiration is the act of breathing. As the temperature rises, both the pulse and respiration increases. Therefore, the count of the pulse and of respiration is an index of the patients condition.

The average pulse rate of a man is about 70 beats per minute, while, for a woman it may be as much as 90.

The pulse may be felt most easily where a large artery is near the surface. The inner side of the wrist above the thumb is the place most often used to count the pulse because it is usually the most convenient.



The patients pulse rate and respiration are recorded on a Graphic Chart.

Miss Jones took Mr. Nelson's pulse at 4:00 a.m. and it was 70. She recorded it on the Graphic Chart.

At 8:00 a.m. his pulse was 80

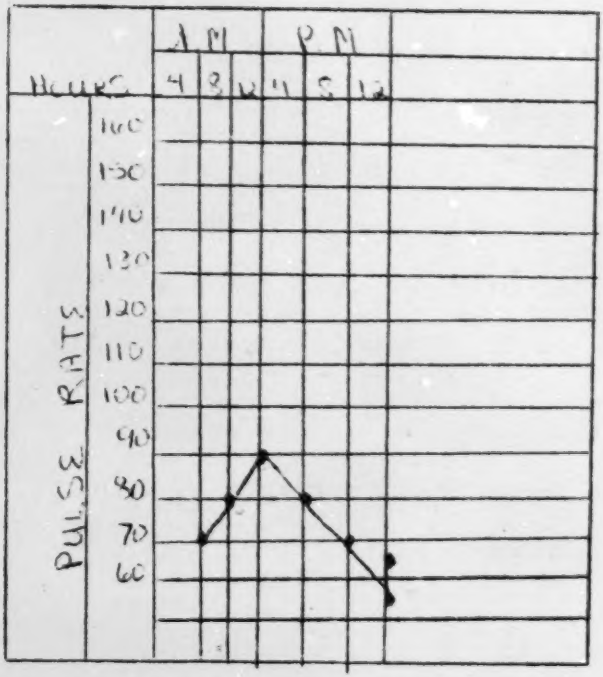
At 12:00 a.m. his pulse was 90

At 4:00 p.m. his pulse was 80

At 8:00 p.m. his pulse was 70

At 12:00 p.m. his pulse was 65

On the next page is the Graphic Chart Miss Jones used to keep a record of Mr. Nelson's pulse.


A M
P M
HOURS
4
3
2
1
5
12
PULSE RATE
160
150
140
130
120
110
100
90
80
70
60

7. Miss Jones took Mrs. Burden's pulse at 4:00 a.m. and it was 70.

At 8:00 a.m. her pulse was 65

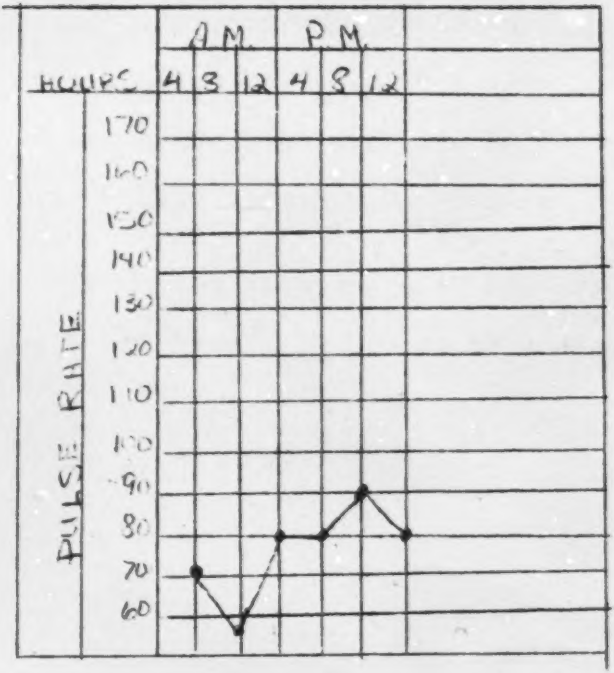
At 12:00 a.m. her pulse was 80

At 4:00 p.m. her pulse was 80

At 8:00 p.m. her pulse was 90

At 12:00 p.m. her pulse was 80

Use the Graphic Chart on the answer sheet to record Mrs. Burden's pulse.


A M
P M
HOURS
4 8 12 4 8 12
PULSE RATE
170
160
150
140
130
120
110
100
90
80
70
60

Count the respiration while the fingers are still on the wrist taking the pulse. The patient is less likely to change his rate of breathing if he is unaware that it is being counted. Count the rise and fall of his chest for one-half minute and multiply the number counted by two to get the rate per minute. Respiration is usually faster if the patient has a fever.

While Miss Jones was taking Mr. Nelson's pulse she also counted his respiration. It was 14 at 4:00 a.m.

At 8:00 a.m. his respiration was 16

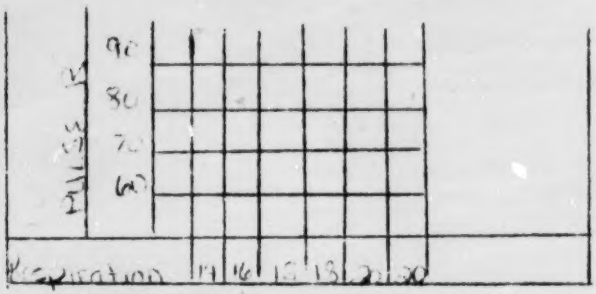
At 12:00 p.m. his respiration was 18

At 4:00 p.m. his respiration was 18

At 8:00 p.m. his respiration was 20

At 12:00 a.m. his respiration was 20

Below is the Graphic Chart Miss Jones recorded Mr. Nelson's respiration on.



8. While Miss Jones took Mrs. Burden's pulse she also counted her respiration. It was 18 at 4:00 a.m.

At 8:00 a.m. her respiration was 20

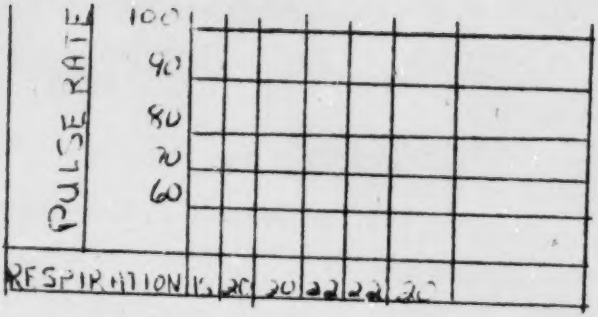
At 12:00 a.m. her respiration was 20

At 4:00 p.m. her respiration was 22

At 8:00 p.m. her respiration was 22

At 12:00 p.m. her respiration was 20

Use the Graphic Chart on the answer sheet to record Mrs. Burden's respiration.


PULSE RATE
100
90
80
70
60
RESPIRATION

Patient's with a speech problem or hearing difficulty may be in the hospital for treatment of some other condition or disease. Nurses must be able to communicate with these patients. She should make every effort to understand the patient--do not give the impression of haste when caring for him. The nurse should face deaf patients directly, speak slowly and distinctly, and pause frequently.

9. In caring for a patient with a speech defect the nurse should:

   a. Be patient and unhurried in waiting for the patient

   b. Remember most patients with speech defects are also defective mentally.

   c. Avoid talking to him as much as possible.

   d. Always have him answer you or make requests by using a pad and pencil.

9. (a) Be patient and unhurried in waiting for the patient.

10. In communicating with a deaf person who can read lips, the nurse should:

a. Make him feel at ease by continuing to talk to him while carrying out nursing duties.

b. Do not make him self-conscious by talking very slowly

c. Talk at her normal rate but speak very loudly

d. Always face the deaf person directly when speaking to him

10. (d) Always face the deaf person when speaking to him.

A clubfoot is when the foot turns inward and downward, and cannot be held in a normal position. The nurse knows that for best results the clubfoot must be treated as soon after birth as possible. After the cast has been put on the foot the nurse must watch for signs of circulatory impairment.

11. A mother of a newborn baby with a clubfoot is reluctant to have her baby admitted to the hospital. She wishes to wait until the baby is weaned before having the foot corrected. You advise the mother that it would be better to have the child cared for at once because:

a. Early care of a clubfoot makes surgery unnecessary

b. The problem of having the crippled child in the family will have a depressing effect on the mother and the other children.

c. The foot can be cured immediately if treatment at this early time.

d. Treatment should be begun as soon as possible for best results.

11. (d) Treatment should be begun as soon as possible for the best results.

13. The most important point in the nursing of the newly corrected clubfoot in the infant is to:

a. Keep the cast clean

b. Watch for hemorrhage

c. Keep the child from standing

d. Watch circulation in toes

12. (d) Watch circulation in toes

Donald, who is 17, has just been admitted to a psychiatric hospital. Since admission he has been suspicious and hostile, but we often hear him crying when he is alone. We learn from his history that his parents died when he was three and he spent the rest of his life in an orphanage where he got good physical care but very little love. Four weeks ago he was told that after his eighteenth birthday he must live elsewhere. He has no close relatives or friends, and he feels very insecure.

13. An important causative factor in this boys psychiatric problem is:

    a. Insufficient love and affection

    b. Insufficient discipline during his formative years

    c. Inadequate sexual education

    d. Poor hereditary background

    e. Inability to adjust

13. (a) Insufficient love and affection

14. Donald's present behavior outburst was probably precipitated by:

a. Unsatisfied sexual drives

b. Failure in school

c. Exaggeration of insecure feelings

d. Fear of being drafted into the army

e. Anger at the orphanage

14. (c) Exaggeration of insecure feelings

Don't go into nursing unless you have a feeling for patients and really want to help someone. If you are not happy the patients sense it.

Young people planning careers should have a desire to serve humanity and be sympathetic to the needs of people.

What do you need to find out? Here are some questions you might want answered.

a. What are the opportunities? In what areas in there a need for more nurses?

b. What opportunities are there for advancement.

c. What education or special training is required for work in these areas?

d. What other kinds of jobs are open to persons with similar interest and abilities?

e. How much would you earn?

You can probably think of other questions that you want answered. There are many places to look and many people to help you. Here are some suggestions to help you get started.

a. Ask your counselor or librarian for information.

b. See your counselor for books and pamphlets.

c. Talk with your local school nurse.

d. Visit your local hospital and talk with a nurse.

e. Here are two addresses you can write to find out more information:

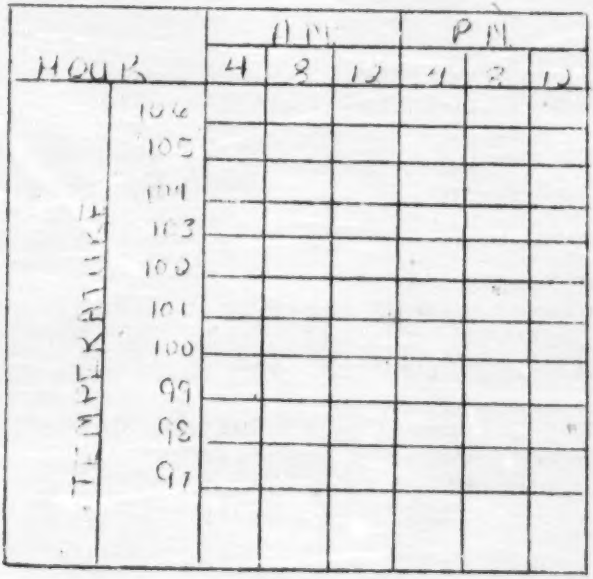
Registered Nurse
National League for Nursing Inc.
10 Columbus Circle
New York, New York 10019

ANA-NLN Committee on Nursing Careers
American Nurse's Association
10 Columbus Circle
New York, New York 10019

ANSWER SHEET

	/a/	/b/	/c/	/d/	/e/
1.	/ /	/ /	/ /	/ /	/ /
2.	/ /	/ /	/ /	/ /	/ /
3.	/ /	/ /	/ /	/ /	/ /
4.	/ /	/ /	/ /	/ /	/ /
5.	/ /	/ /	/ /	/ /	/ /

6.



7.

HOUR		A.M			P.M		
		4	8	12	4	8	12
PULSE RATE	170						
	160						
	150						
	140						
	130						
	120						
	110						
	100						
	90						
	80						
	70						
	60						

8

PULSE R							
RESPIRATION							

	/a/	/b/	/c/	/d/	/e/
9.	/ /	/ /	/ /	/ /	/ /
10.	/ /	/ /	/ /	/ /	/ /
11.	/ /	/ /	/ /	/ /	/ /
12.	/ /	/ /	/ /	/ /	/ /
13.	/ /	/ /	/ /	/ /	/ /
14.	/ /	/ /	/ /	/ /	/ /

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